

# Hartford Elementary



October 2011 - Volume 10: Issue 2

## International Walk to School Day

Wednesday, October 5th

Dust off the tennis shoes, oil the bike chain, or pump up the bike tires! Wednesday, October 5th is our International Walk to School Day. We encourage all students to walk or bike to school on October 5th. Waiting for students at the Hartford Elementary and WC Middle School on that day will be bottles of water with flavor packets, a wrist band that says, Hike it! Bike it! I like it!, plus a National Walk to School Day sticker. Join the many thousands across the country and world who are making a point to walk to school on October 5th.

If your child rides a bus to school, as a parent you may consider driving your child several blocks away and letting them bike or walk from there. The event will happen rain or shine, cold or warm, windy or still. See you there!



## October Events:

- Wednesday, October 5th - International Walk to School Day
- Monday, October 10th - No School
- Monday, October 10th - School Board Meeting @ 5:30 pm
- Tuesday, October 11th - Bookmobile
- Tuesday, October 11th - Tyler Tuesday
- Wednesday, October 12 - Fire fighters here for 1st & 2nd grades - Fire Prevention Week
- Monday, October 17 - Student Flu-shot consent forms are due
- Wednesday, October 19th - Early Dismissal @ 1:30 pm
- Friday, October 21st - End of 1st Quarter
- Tuesday, October 25th - Lifetouch Picture Retakes
- Friday, October 28th - Trojan Buck Store
- Saturday, October 29th - Flu Shots 8:00 - Noon @ Humboldt Elementary
- Monday, October 31 - Fall Parties 2:15 - 3:30
- Monday, October 31 - Parade of costumes in Hartford Elementary Gym 2:30
- Saturday, November 5th - Flu Shots 8:00 - Noon @ Hartford Elementary

# The August Birthday Bash

The Hartford Elementary Birthday Bash was held on Thursday, September 8th. Students listened to Principal Tyler read Happy Birthday to You! by Dr. Seuss. They also received a birthday card, pencil, Trojan Buck and fruit snack. Happy Birthday to all the August birthdays!



August Kindergarten Birthdays

Back Row: Olivia (8-30), Lacey (8-1), Morgyn (8-4), Molly (8-23), Hannah (8-15), and Lola (8-2)  
Front Row: Matthew (8-14), Caleb (8-18), and AJ (8-12)



August First Grade Birthdays

Back Row: Trey (8-6), Brock (8-20), Dillon (8-23), Dylan (8-31), and Brock (8-11)  
Front Row: Grace (8-5) and Katana (8-27)



August Second Grade Birthdays

Back Row: Zachary (8-29), Nicholas (8-3), Kody (8-7), and Max (8-16)  
Front Row: Megan (8-3) and Emma (8-26)

TYLER TUESDAY

OCTOBER 11TH

11:00 AM

FOR OCTOBER  
BIRTHDAYS!

CALL PAM @ 528-3215 TO  
REGISTER



# The September Birthday Bash

The Hartford Elementary September Birthday Bash was held on Friday, September 9th. Students listened to Principal Tyler read Happy Birthday to You! by Dr. Seuss. They also received a birthday card, pencil, Trojan Buck and fruit snack. Happy Birthday to all the September birthdays!



September Kindergarten Birthdays

Back Row: Tyler (9-16), Logan (9-26), Anthony (9-24), and Josiah (9-2)  
Front Row: Oriya (9-29), Ashton (9-12), and Ethan (9-7)



September First Grade Birthdays

Back Row: Tristen (9-16), Camille (9-13), Chase (9-11), Abi (9-9), Briana (9-15), and Matthew (9-16)  
Front Row: Riley (9-25), Mya (9-4), Autumn (9-13), Aaron (9-2), and Mercedes (9-29)



September Second Grade Birthdays

Dillan (9-21), Peyton (9-21), Abby (9-1), Ellie (9-21), Emily (9-13) and Skyler (9-16)

Picture Retakes  
Tuesday  
October 25th



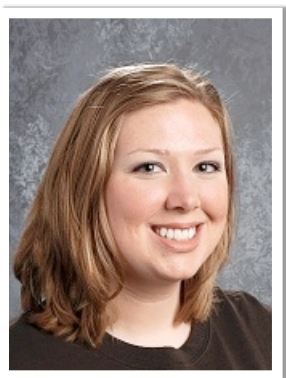
# TROJAN READING BOWL



The Trojan Reading Bowl  
2011  
Another Exciting Time!

Thanks to all the volunteers and sponsors for their help and support to make this successful for our kids! Pictured is a snapshot of the activities at the Trojan Reading Bowl.





## **Nurse's Notes**

**by Rachel Sehr, School Nurse**

Medicap Pharmacy for donating supplies for West Central's student influenza vaccinations. Thank you!!!

The Sertoma Club will be coming to assess hearing for all 1st, 3rd, and 5th graders again this year. They will be screening at the Humboldt Elementary on Tuesday, November 8 and at the Hartford Elementary on Thursday, November 10. For any student that does not pass the initial assessment, The South Dakota School for the Deaf Mobile Screening Lab will be at the elementary schools on Tuesday, December 13. If you have an elementary student in grades K, 2, or 4 that you would like screened, please contact Rachel Sehr, the school nurse, at [Rachel.Sehr@k12.sd.us](mailto:Rachel.Sehr@k12.sd.us) or 528-3321, Ext. 1410.

In the United States last year, 115 children died from influenza. By getting the flu vaccine, you are much less likely to catch the flu, and if you do, it will most likely be less severe. The school is a place where germs can be quickly spread and that is why we are recommending the flu vaccine. West Central, in combination with the state of South Dakota, will be providing flu vaccines for all students, at no charge to the parents. Each child was given information regarding the flu shot and a consent form to be returned to the school in the instance that they want to receive a vaccine. Flu shots will be given Tuesday, October 25 to the middle school and high school students and Saturday, October 29 and Saturday, November 5 from 8 am to noon for the K-5 students. K-5 students may attend either Saturday clinic. Please consider having your children participate in this free flu clinic to help keep our school a little healthier this flu season.

An extra thank you to Vince Reilly and the Hartford

## **Fun in the Sun @ Homecoming!**

We had beautiful weather for our Homecoming Parade on Friday, September 23rd. Our students cheered on the floats and our WC Trojans went on to victory over the Harrisburg Tigers. Here are some pictures of our fun day!



# The 100 Mile Club

## Have your child pick up a pedometer in the office.

We will begin our 100 Mile Club on October 5th! Here are the details:

1. Sign the form below and send with your child to school to pick up their pedometer (or pick it up the next time you are here).
2. Let your child wear the pedometer and keep track of his/her steps. You'll be amazed!
3. Use the step converter below to figure your child's miles.
4. Send the attached slips back to school after every 10 miles. Your child's card will be punched by the classroom teacher.
5. For every 100 miles your child walks, runs, plays, or wiggles - your child can come to the office and receive a 100 Mile Club wristband. Help your child collect every color!
6. Your child will also get to color and put up a "Walking Trojan" in our hallway so we can track the miles we are walking as an elementary.
7. Let's get our kids active and fit!



The 100 Mile Club Wristbands



The Walking Trojan that will be put in the hallway for each 100 miles walked.



## Step Converter:

The following facts can be used for your child's pedometer:

- 2,000 steps = 1 mile/10,000 steps = 5 miles/20,000 steps = 10 miles

## Please Return This Form With Your Child (or email Mrs. Tyler or your child's classroom teacher):

I agree to let my child \_\_\_\_\_ check out a pedometer for the 2011-2012 school year. I will keep track of the miles my child walks and send back the slips for every 10 miles.

At the end of the year, I will return the pedometer to school so it can be used by students for the next school year.

Teacher's Name \_\_\_\_\_ Class \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

# The Trojan Buck Store

The Trojan Buck Store is an incentive program for both behavior and reading. Students earn bucks through winning the lunchroom puppy, taking quizzes over books read (Accelerated Reader), displaying good behavior, etc. While most of our money comes from the fundraisers that our second grade classes do in the fall, the Trojan Buck Store welcomes donations!

- Gently used toys - things you wouldn't mind your child receiving.
- Kids Meal prizes.
- Dollar Store and sale items.
- Gift Cards to purchase items.
- Cash to purchase items.



A big thank you to our Trojan Buck Store volunteers. If you have a 1/2 day once a month and would like to volunteer, please let Pam know. She'll connect you to this team!

The children look forward to spending the Trojan Bucks they earn each month. It is rewarding to watch them learn to purchase, count money, receive change, and even SAVE money for the "big ticket" items. Please consider a donation to the Trojan Buck store so we can keep it new and exciting for the children.

Thank you!

The Trojan Buck Store Volunteers

## Reflections

by Mrs. Tyler



Much of our issue this month centers around the International Walk to School Day on October 5th. While a proponent of exercise and keeping healthy, I haven't always been. Most of the time when my kids were growing up I started my day with a bottle of Mountain Dew, no breakfast, and little to no exercise (other than chasing my kids from event to event). As I've aged, I've also changed how I operate. I eat a big breakfast each day, I've cut out pop altogether (this July I'll be pop-free for three years), I'm on a regular exercise plan, and I feel better. Although I'm still older than I'd like to be, I'm probably healthier than when I was 20 years younger.

That's one of the benefits of riding the Walking School Bus three days a week. Kids really do see what we do and imitate us - so much more than what we say. And I'm living proof that it's really never too late to start to live healthier.

Take baby steps. Raising kids can take a lot out of you, but they need your example. Take a walk with them. Bike with them. Limit their intake of sugar drinks - but you need to be that example for them.

The added benefit of riding on the Walking School Bus for me - is the relationships I get to build with the kids. I think you'll find the same thing. Leave the dishes, the laundry, and the television for a half hour and go for a walk. You'll have more energy to do things that will eventually get done and you'll build a better relationship with your child.

## END THE BEDTIME BLUES

Parents don't need to force kids to go to sleep By Jim Fay

Bedtime is a time of frustration for many parents. They wish it could be a magical time to reconnect with children and share fond memories. Here are some easy ways to make those dreams come true:

### Bedroom Time vs. Bedtime

The journey to bedtime bliss starts with renaming bedtime. Kids need to think of this time as “bedroom time.” It's a time for them to be in their rooms, but not necessarily with their eyes closed. Wise parents never try to control the uncontrollable. “You get in your bed and go to sleep, right now!” creates a power struggle over something parents cannot control. A skillful child can keep a parent engaged with this argument for hours.

### Slowdown Time

Bedroom time is a journey in itself. It starts with “slowdown time.” A slowdown routine is essential. Children's brains operate at a high pitch and don't shut down as quickly as adult brains. Parents should announce the beginning of slowdown time about 40 minutes before bedroom time.

Slowdown time includes turning off stimulating activities such as television, exciting music, and family games. It also is a wonderful time to give kids choices:

- “Do you want to go to bed right now or in 10 minutes?”
- “Do you want to brush your teeth in the kitchen or the bathroom?”
- “Do you want a story first or your bath first?”
- “Do you want a drink in the kitchen or in your room?”
- “Do you want a piggy back ride or walk on your own?”
- “Do you want the light on or off?”
- “Do you want to get tucked in or do it yourself?”
- “Do you want to go to sleep right away or try to keep your eyes open as long as you can?”

There is magic in choices. They speak directly to the human need for control and can produce amazing results. Be sure to offer choices you like. Never give one choice you like and one you don't.

The kids are given no more than 10 seconds to make their decisions. If it takes longer, make the decision for them. Kids become quick decision-makers when they know their parents will be making the decision for them if they don't act quickly.

Some children like to negotiate in the face of choices. Resist the temptation to argue or reason at this time. Use Love and Logic® arguing neutralizers, such as “I love you too much to argue about that, maybe you'll like tomorrow's choices better.” Repeat this phrase as often as necessary without sarcasm or anger.

Remember there is nothing more contagious than a yawn. Experiment with yawning and acting sleepy during story time. It's great fun to watch the drooping eyelids.

### Parent Time

Once the kids are in their room, that's where they stay. Announce that “kid's time” is over and it is now “parent's time.” Stick to your guns on this.

Kids have been known to resort to, “It's scary in here. There's monsters in my room.” Just remember kids take their emotional cues from their parents. The best solution is to respond in a firm, yet loving way: “Well, sweetie, my advice is to make friends with them. See you in the morning. I love you!”

Give these Love and Logic® tips a try, and join thousands of parents who enjoy peaceful evenings with their kids!



# Help Us Save!

Check out the following ways to help us out!



## Box Tops for Education

Just clip, put in a baggie and return to school!  
There is also a drop box at Sunshine.



## Save Five for Schools

Just wash these milk and juice lids and send to school in a baggie (or Sunshine). Watch for store specials! We need the WHOLE lid!



## Labels for Education

This is not just Campbell's Soup Labels anymore! There are many products that qualify. Check it out at [labelsforeducation.com](http://labelsforeducation.com). You can send labels to school with your child or drop in box @ Sunshine.

## Cell Phones/Ink Cartridges

You can drop off old cell phones or ink cartridges and we can recycle and get money back. There is a box inside our front door.

## Lock Down Drill

The state requires us to do fire drills (2 per semester) and tornado drills (1 per semester). We also have incorporated one Lock Down Drill per year. This is when we have all students in the classrooms with doors locked and lights off in the case of an intruder or a case where we just need the kids safe in their rooms. The teachers then read a book to the students until we have the "all clear" signal. It's unfortunate that we could need this, but we would rather err on the side of safety for our kids. So, if your kids tell you that they had to hide in their classrooms, it's probably true!

## CGI Corner

CGI (Cognitively Guided Instruction) is an educational term for a way to teach kids in what I so fondly recall as "story problems". The standardized testing that begins for students entering third grade (Dakota Step test) has only story problems for the math portion. The state (and our nation) is measuring students not if they can add  $2 + 2$ , but whether or not students know when to add  $2 + 2$  and why they are adding  $2 + 2$ . In short, story problems are the math lessons of today and we need kids to think about ways to solve them. There are usually many ways to get the result. We all think differently!

So, each month, we plan to give you a taste of what students need to think about and do on a daily basis at our school. Try your luck at this month's problem. It might be fun to work through it with your child! The really interesting part is how you and/or your child gets to the answer. Do you have to visualize? Can you do it in your head? Do you need to draw it out?

Ricky has 9 pet mice. He keeps them in two cages. One cage is red and the other is blue. Show all the ways that 9 mice can be in these two cages. How many ways are there?